

# FALL/WINTER PRACTICE SCHEDULES

Sept. 10, 2007 – March 21, 2008

## MINIS

Tuesday, Thursday & Friday 6:00-7:00pm  
Recommended attendance: 2/week

## JUNIORS 1

Tuesday & Thursday 6:00-7:00pm  
Sunday 8:00-9:00am  
Recommended attendance: 2/week

## JUNIORS 2

Monday & Wednesday 6:00-7:00pm  
Friday 5:00-6:00pm  
Sunday 7:30-8:30am  
Recommended attendance: 3/week

## ADVANCED JUNIORS

Tuesday, Thursday & Friday 5:00-6:00pm  
Wednesday 5:30-7:00pm  
Sunday 7:30-9:00am  
Recommended attendance: 3-5/week

## SENIORS

Tuesday – Friday 3:45-5:00pm  
Recommended attendance: 3/week

## ADVANCED SENIORS

Monday, Wednesday & Friday 3:45-5:30pm  
Tuesday 3:45-5:00pm  
Tuesday & Thursday 4:45-6:15am  
Saturday 5:30-7:30am  
Recommended attendance: 5/week

## NATIONAL DEVELOPMENT GROUP (NDG)

Monday & Friday 5:30-7:00pm  
Tuesday & Thursday 5:00-7:00pm  
Sunday 7:00-9:00am  
Minimum practices required: 4/week

## NATIONAL TRAINING GROUP (NTG)

Monday – Thursday 3:45-6:00pm  
Friday 3:45-5:00pm  
Saturday 6:00-9:00am  
Monday, Wednesday & Friday 4:45-6:15am  
Minimum practices required: 7/week

# REGISTRATION INFORMATION

## NEWCOMERS' EVALUATION

Newcomers are swimmers who **did not participate** in the RMSC program either Fall/Winter 06/07 or Spring/Summer 07. Tryout/practices for skill assessment and group placement will be held Wednesday, Thursday and Friday, September 5, 6 and 7. Newcomers should attend one of the following sessions:

13 yrs. & over:	4:00-4:45pm
11-12 yrs.:	5:00-5:45pm
9-10 yrs.:	6:00-6:45pm
8 yrs. & under:	6:15-7:00pm

Coaches will assign practice groups depending on skill level. Swimmers may not begin to practice with their designated group until the registration form has been completed and fees have been paid.

## RETURNING SWIMMERS

A returning swimmer is someone who swam with RMSC last year, either the Fall/Winter 06/07 or Spring/Summer 07 season. All of these swimmers should pre-register for the Fall/Winter 07/08 program. To do this, **COMPLETE THE REGISTRATION FORM**, attach the **FEE PAYMENT** and return before September 1. This may be handled in person at OSC or mailed to:

MCRD-Aquatics  
RMSC  
4010 Randolph Road  
Silver Spring, MD 20902

**Do not change your practice group assignment unless instructed to do so by your coach.**



# FALL/WINTER 2007-2008



**OLNEY SWIM CENTER**  
**OLNEY MANOR PARK**  
**16605 GEORGIA AVENUE**  
**OLNEY, MD 20832**  
**(301) 570-1210**



Sponsored by the Montgomery County  
Recreation Department  
4010 Randolph Road  
Silver Spring, MD 20902-1099  
(240) 777-6860

# PRACTICE GROUP DESCRIPTIONS

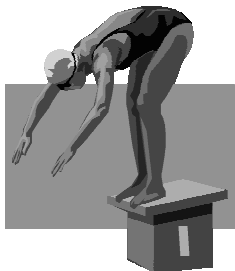
## DEVELOPMENTAL GROUPS

**MINI:** For 8 & Unders who can swim both freestyle, using good rhythmic breathing, and backstroke. Swimmers will learn proper stroke technique, including breaststroke and butterfly, flip turns, and starts from the blocks. Emphasis is on orientation for competitive swimming and participation in meets.

**JUNIORS 1:** For swimmers ages 9-12 who are able to swim at least freestyle and backstroke. Emphasis is on basic stroke mechanics, starts and turns. Competition is available for swimmers at this level on the average of once a month. Participation in swim meets is encouraged to enrich developmental skills. This group is for all new swimmers and graduates of MINIS.

**JUNIORS 2:** For swimmers ages 9-12 who have working knowledge of the four competitive strokes. Emphasis is on advanced stroke technique and building endurance. Competition is available monthly and participation is strongly encouraged to further each athlete's development. Participation in this group **MUST BE APPROVED BY THE COACH.**

**SENIORS:** For swimmers ages 13-18 who range from first time participants to those who have high school swimming or summer swim team in their background. These swimmers will train primarily for high school competition. Emphasis is on stroke mechanics, conditioning and endurance. Participation in USAS meets is highly encouraged.



## ADVANCED GROUPS

*Entry by coach's invitation only.*

**ADVANCED JUNIORS:** For swimmers ages 9-12 who have achieved basic mastery of the four competitive strokes. The focus is on training for competition, goal setting, endurance and dry land exercises geared toward injury prevention. Three to five practices per week and USAS competition are required for all in this group.

**ADVANCED SENIORS:** Designed for the high school athletes who have a firm commitment to swimming and are looking for continued development in the sport. These swimmers train at a high level and are expected to participate in dryland training, attend USAS meets and be at practice a minimum of five times per week.

**NATIONAL DEVELOPMENT GROUP:** For swimmers ages 10-14 who have committed to upper level swimming in the RMSC program as their primary activity. Emphasis is on swimming technique, conditioning, goal setting and performance in USAS competition. Dryland training and participation in meets are required of all in this group. Swimmers in this group must make a minimum of four practices per week.

**NATIONAL TRAINING GROUP:** For swimmers 13 & over who have made a commitment to swimming as their primary activity. Athletes are expected to focus on qualification for and competition in USAS meets which lead to the National level. Swimmers will participate in water and dryland training as part of an overall program to ensure success. A minimum of seven practices per week is required. All participants will be re-evaluated at the end of the session to see if they have maintained the standards of the group.

## PROGRAM FEE

Payable to MCRD, by VISA, MASTERCARD, CHECK or CASH (*Credit Card payments must be made in-person at the swim center*)

MINIS	\$745
JUNIORS 1	\$735
JUNIORS 2	\$790
ADVANCED JUNIORS	\$945
SENIORS	\$840
ADVANCED SENIORS	\$1,020
NDG	\$1,000
NTG	\$1,125

**Non-County Residents must add \$10 per swimmer.**

This payment includes the United States of America Swimming membership fee and all the PVS meet fees for the Fall/Winter season.

To offset the cost of the program, payments can be credited to individual accounts prior to the start of the program. Installment fees and payment plans are NOT available.

**ALL FEES MUST BE PAID BY THE FIRST DAY OF PRACTICE.**

If you have any questions about the RMSC program, please contact Carey Apple at [carey.apple@montgomerycountymd.gov](mailto:carey.apple@montgomerycountymd.gov) or call OSC at (301) 570-1210.

# Registration Form for RMSC at OSC

## Fall/Winter 2007/2008

**PAYERS:** Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Email \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Home Phone ( ) \_\_\_\_\_ Work Phone ( ) \_\_\_\_\_ Cell Phone ( ) \_\_\_\_\_

**PARTICIPANT'S:** Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Mother's Name \_\_\_\_\_ Email \_\_\_\_\_  
 Home Phone ( ) \_\_\_\_\_ Work Phone ( ) \_\_\_\_\_ Cell Phone ( ) \_\_\_\_\_  
 Father's Name \_\_\_\_\_ Email \_\_\_\_\_  
 Home Phone ( ) \_\_\_\_\_ Work Phone ( ) \_\_\_\_\_ Cell Phone ( ) \_\_\_\_\_

### PRACTICE GROUPS, COURSE NUMBERS AND FEES

**REGISTRATION AND  
PAYMENT MUST BE  
SUBMITTED BEFORE  
THE FIRST  
PRACTICE.**

<b>MINIS (MIN)</b>	<b>193429</b>	<b>\$745.00</b>	<b>SENIORS (SR)</b>	<b>193433</b>	<b>\$840.00</b>
<b>JUNIORS 1 (JR1)</b>	<b>193430</b>	<b>\$735.00</b>	<b>ADVANCED SENIORS (ASG)</b>	<b>193434</b>	<b>\$1,020.00</b>
<b>JUNIORS 2 (JR2)</b>	<b>193431</b>	<b>\$790.00</b>	<b>NDG</b>	<b>193435</b>	<b>\$1,000.00</b>
<b>ADVANCED JUNIORS (AJG)</b>	<b>193432</b>	<b>\$945.00</b>	<b>NTG</b>	<b>193436</b>	<b>\$1,125.00</b>

<b>Participant's Name (last, first, middle initial)</b>	<b>Date of Birth</b>	<b>Sex</b>	<b>Activity</b>	<b>Location</b>	<b>Course #</b>	<b>Fees*</b>

\*If you are a non-resident, include an additional \$10.00 per participant in the activity.

<b>Total Amount Due</b>	<b>\$</b>
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**Ways to register:** ☐ Mail to MCRD-Aquatics, 4010 Randolph Road, Silver Spring, MD 20902 ☐ In person

**Withdrawal policy:** Requests for withdrawal must be submitted in writing. If your written withdrawal request is received on or after the start date of the program, your credit will be pro-rated on the date the request is received. In addition all refunds and all written withdrawal requests received seven days or less before the start date of the program are subject to a \$20.00 withdrawal fee.

The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit cards, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt. If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

☐ Check or Money Order (payable to **MCRD**) Check # \_\_\_\_\_

***VISA and MasterCard payments must be made in-person at the swim center.  
This registration form must be submitted for RMSC registration.***

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to the County's use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after scheduled program.

Participant or Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_